

August 14  
1930

CENTENNIAL YEAR

1930

THE LATTER-DAY SAINTS'

# MILLENNIAL STAR

ESTABLISHED IN 1840

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*“Wherever the Church of Christ is established in the earth, there should be a Patriarch for the benefit of the posterity of the Saints, as it was with Jacob in giving his patriarchal blessing unto his sons.”—JOSEPH SMITH.*

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## ONE HUNDRED YEARS OF MISSIONARY WORK

ELDER MELVIN J. BALLARD

OF THE COUNCIL OF THE TWELVE

SHORTLY after the organization of the Church, one hundred years ago, the Lord placed upon it the responsibility of carrying the glad news to the nations of the earth; that He had spoken, that this word of warning and instruction should be carried to all flesh, even as foretold by John, who on the Isle of Patmos saw the opening of this Gospel Dispensation by the coming to earth of an angel bearing a message that was for every nation, kindred, tongue and people.

So the fulfilment of that prediction necessarily meant that the message was to be carried to all people. It was then and is now a tremendous task to place upon a comparatively small number of people—to deliver this message to every nation.

But the early elders of the Church, undaunted, went forth with courage and zeal to proclaim the word. There have followed some sixty thousand missionaries in this period of time. We are counting those who have served as local missionaries as well as those who have been regularly set apart; and when we estimate the probable cost of sending these missionaries to their fields of labour, maintaining them while engaged in their labours, and returning them to their homes, and a reasonable allowance for the value of their time, the probabilities are that in time and means the Church and its membership have expended over £40,000,000. But this is not the whole cost. Many of these missionaries have given their lives, precious lives upon which no

Imman valuation can be placed. Others have shortened their lives through exposure, hardship and disease.

In addition there is the loving service of the wives and mothers of these missionaries. In many instances they have taken upon themselves the added responsibility of doing the work of the absent missionary. Some of these have broken under the strain and have given their lives to the cause. Then there were the long, lonely years of separation; and putting it all together, it is a loving service, the like of which no other people of similar numbers have offered in the history of this world.

One might ask why the Lord makes such a requirement of the Church. Indeed a prominent non-"Mormon" asked me on my return from opening the South American Mission, why we wanted to open another mission. It meant additional missionaries and a larger and increased financial drain upon the people. Said he, "Have you not already gathered up a fine lot of people? If you would only take care of them, would you not be satisfied and accomplish all that you hope to?" Quite likely that is true, but we have a responsibility which the Lord has placed upon us and in obedience to Him we respond to carry His message to all flesh.

#### OBJECTIVES OF MISSIONARY SYSTEM

There are two great objectives. This Gospel message was to search out first of all the honest in heart, or the blood of Israel, and in fulfilment of the ancient prediction that though Israel would be sifted among the nations, still they would be gathered again and come one of the city and two of a family. Wherever this choice blood is found by the Gospel message among the nations, we find a hearty response, and they are being gathered out, coming as the prophets of old foresaw, to the mountain of the Lord's House established in the tops of the mountains.

The other responsibility is to warn all men that the day of judgment approaches and the means of escape is provided in the restoration of the everlasting Gospel. And the invitation is extended to all men, whether they are of the House of Israel or not; and those who are not of Israel who come in become adopted sons and heirs to all the blessings and promises which the Gospel offers.

And so, whether we bring many people into the Church or not, our task is to give all an opportunity and thereby discharge the obligation the Lord has placed upon us and free ourselves of the condemnation that will come if we fail to extend the warning and the invitation of the Lord for the preservation and salvation of men and women in time and in eternity.

We are surely demonstrating by this contribution that we are engaged in serious business. Men would not undertake to give their time and means so freely unless thoroughly convinced they

had something of the greatest importance to deliver to the children of men. It is a testimony and a witness, therefore, that we are conscious of the fact that whether the world accepts us or not we have a sacred message of vital worth to all men everywhere.

Response to this Gospel message by the multitudes, who are fulfilling the ancient prediction that men of all nations will flow into the mountain of the Lord's House in the last days where the Lord will teach them of His ways and they will walk in His paths and become an ensign to the whole world, has also brought to them emancipation from their former condition. . . . They have solved their social problems by finding opportunity for their children to marry in the Church, thus preserving for posterity their ideals and conserving all the advantages of one generation into the succeeding one.

#### COSMOPOLITAN SPIRIT

For the Church the effort has been worth-while, because it has brought into it men and women of integrity and stability who have helped not only to lay a foundation for their own independence but through their contributions, according to the Lord's plan, have made for the success financially of the Church and its enterprises. Zangwill called America the melting pot, to whose shores the men of all nations were drawn, and marrying and intermingling with each other, were merged into a new race of men and women. But there has come to the melting pot of the Church by that process many who are not the most desirable. To it also has been gathered a choice lot of men and women—God picked—who are responding to the call of the missionaries. Out of Babylon has come the very choicest blood of the nations responding to the highest ideals and here, under wise leadership, going through a refining process that shall produce the finest generation of men and women that has ever lived upon the earth. This becomes a blessing not only to the Church but to the world itself, for here is being worked out ideals that shall attract the attention of the world and they will come ultimately from the East and West as the prophets have said, to learn of the ways of this people, to walk in their paths, for here are being solved in a practical way the problems of mankind. The fact is that these returning thousands of missionaries bring with them also the finest spirit in the world—the missionary spirit. The constant return from the mission field of those who are charged with spirituality, effects the spirituality of the whole Church favourably. They also bring the latest thought of all nations; the best the world has is being gathered up by our representatives, so that the Latter-day Saint communities are cosmopolitan in every sense.

Since we are looking earnestly forward to a reign of uni-

versal peace, when universal brotherhood shall obtain, this Church is one hundred years at least nearer that goal than any other community on earth. For here the spirit of brotherhood prompts these thousands of missionaries to continue to make the sacrifice of going to the ends of the world, not to meet friends, but strangers—and yet our brothers—and to perform this missionary service out of love for their fellowmen. Here is the highest type of brotherhood that is known in the world, manifested by these self-sacrificing, devoted men; and thousands of women are also joining the ranks. No other church in all the world has been able to secure such willing, voluntary service of missionaries without earthly reward, for the Church has never contributed to these missionaries save the return fare from their fields of labour. No missionary who has performed his or her duty feels to regret the sacrifices that have been made. Joy such as is not known in any other work comes to them, and there comes too a personal development that will be of benefit to them no matter what their future occupations may be.

#### BLESSINGS FOR SACRIFICE

Such a drain upon any other community might have proven disastrous in the supply of men and means for a service of this character. But to this Church, God has fulfilled His promise. He has provided, and while the sacrifices have been great the blessings have been ample to keep the people from financial ruin, and they are still willing, cheerfully, to make these sacrifices and send their sons and daughters to complete the work which has been so well begun. There is much yet to do, but I have a confidence that God will provide the means for the distribution of the Gospel message and willing men and women to render the service until the task is fully accomplished and we have acquitted ourselves with credit before the Lord and discharged our full duty to our fellowmen.

After fourteen years of actual missionary work in the field, in addition to that done at home, I can speak from knowledge—that there is no joy equal to that which comes to the man or woman who is performing missionary labour. I would not exchange the joy that has come to me out of those fourteen years for millions of dollars. God bless the men and women of Zion that they may continue to give themselves and their means freely to this cause and participate in the supreme joy that comes from bringing souls unto Christ, and lay a foundation for eternal dividends of joy and happiness in association throughout eternities that are to come with those to whom we have been the instruments in bringing the light of knowledge and truth.—*Improvement Era*, May, 1930, pages 485-6.

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GOD will not manifest Himself to cowards.—EMERSON.



## PATRIARCHS AND PATRIARCHAL BLESSINGS

ELDER HYRUM G. SMITH

PRESIDING PATRIARCH OF THE CHURCH OF JESUS CHRIST OF  
LATTER-DAY SAINTS

THE period of time from Adam to Moses, spoken of in the Bible, is quite generally known as the "Patriarchal Age," and includes a brief story of the lives and works of twenty-two leaders, the first ten of whom were the most notable and to whom more attention is given in the record. The names of these men as listed by Usher and Hales are as follows: Adam, Seth, Enos, Cainan, Mahalaleel, Jared, Enoch, Methuselah, Lamech, Noah, Shem, Arphaxed, Salah, Eper, Peleg, Ren, Serug, Nahor, Terah, Abram, Isaac and Jacob, covering a period of over two thousand years.

Three years previous to the death of Adam, he called Seth, Enos, Cainan, Mahalaleel, Jared, Enoch, and Methuselah, who were all high priests, with the residue of his posterity who were righteous, into the valley of Adam-ondi-Ahman, and there bestowed upon them his last blessing.

And the Lord appeared unto them, and they rose up and blessed Adam, and called him Michael, the prince, the archangel.

And the Lord administered comfort unto Adam, and said unto him: I have set thee to be at the head; a multitude of nations shall come of thee, and thou art a prince over them forever.

And Adam stood up in the midst of the congregation; and, notwithstanding he was bowed down with age, being full of the Holy Ghost, predicted whatsoever should befall his posterity unto the latest generation. (Doctrine and Covenants 107: 53-56 inclusive.)

### JACOB'S BLESSINGS ON HIS POSTERITY

In Genesis, twenty-seventh chapter, is recorded the story of how Jacob received the blessing that he had purchased from his elder brother Esau for a mess of pottage.

In Genesis, forty-ninth chapter, we have a brief account of where Jacob called his twelve sons around him and blessed them. He gave each son a special blessing that was particularly suitable to him. For example, when he came to Joseph he said, "Joseph is the fruitful bow, even a fruitful bow by a well; whose branches run over the wall. . . . The blessings of thy father have prevailed above the blessings of my progenitors unto the utmost bound of the everlasting hills: they shall be upon the head of Joseph, and on the crown of the head of him that was separate from his brethren."

And in the forty-eighth chapter of Genesis is the account of Joseph and his two sons, Ephraim and Manasseh, who were given their blessings by their grandfather, Jacob. Manasseh was blessed to be a leader of nations, and Ephraim was blessed to be the greater, a leader of many nations.

After Jacob, there is nothing recorded that we know of pertaining to patriarchs and their blessings, until we come to our present dispensation, when we find a true descendant of Joseph in the person of Joseph Smith, senior, father of the Prophet Joseph.

And thus prophesied Joseph [Joseph who was sold into Egypt], saying: Behold, that seer will the Lord bless; and they that seek to destroy him shall be confounded; for this promise, which I have obtained of the Lord, of the fruit of my loins, shall be fulfilled. Behold, I am sure of the fulfilling of this promise;

And his name shall be called after me; and it shall be after the name of his father. And he shall be like unto me; for the thing, which the Lord shall bring forth by his hand, by the power of the Lord shall bring my people unto salvation. (Book of Mormon 2 Nephi, 3: 14, 15.)

#### PATRIARCHS OF THIS DISPENSATION

The first patriarch of this dispensation was baptized the day the Church of Jesus Christ of Latter-day Saints was organized, April 6th, 1830. He was the first to hear and receive the message of his son Joseph, the Prophet of the Living God. He was ordained Patriarch on December 18th, 1833. The following is part of a blessing he gave to his eldest son, Hyrum, on December 9th, 1834, at Kirtland, Ohio.

I now ask my Heavenly Father in the name of Jesus Christ, to bless thee with the same blessing with which Jacob blessed his son Joseph, for thou art his true descendant, and thy posterity shall be numbered with the house of Ephraim, and with them thou shalt stand up to crown the tribes of Israel, when they come shouting to Zion. . . . The Lord will multiply His choice blessings upon thee and thy seed after thee, and thou with them shalt have an inheritance in Zion, and they shall possess it from generation to generation, and thy name shall never be blotted out from among the just, for the righteous shall rise up, and also thy children after thee, and say thy memory is just, that thou wert a just man and perfect in thy day.

The patriarchal order of to-day belongs to the oldest son through preparation and faithfulness, and has been handed down in the following manner: From Joseph Smith, senior, to his eldest son Hyrum. When Hyrum was martyred his oldest son, John, was only eleven years old. Therefore, his brother William was called to succeed him. William was followed by two uncles, Asahel and John, respectively. Then came Hyrum's oldest son John, the lineal heir, to the office at the age of twenty-three, who served for fifty-six years, the record for time of service of any officer in the Church. He was succeeded by his grandson, the present incumbent.

In addition to Presiding Patriarchs, all of whom have been Smiths—true descendants of Joseph, through the lineage of Ephraim—there have been a standing number of about two hundred ordained, active men, chosen from among the most

faithful High Priests of the Church, even as Abraham of old was chosen, because of his great faithfulness. These men are called to labour in the stakes of Zion to bless and comfort the Saints and their families at home.

“For the prophecy came not in old time by the will of man; but holy men of God spake as they were moved by the Holy Ghost.” (2 Peter 1:21.) Patriarchal blessings are given in much the same manner, with this difference, perhaps, that a blessing is an ordinance in the Holy Priesthood, and is administered by the laying on of hands of an authorized servant of God.

#### CONTENTS OF A BLESSING

It appears from the meager record we have, that in olden times very little attention was given to formality. No dates or formal genealogy were given, but in later generations came the time for more formal and detailed genealogies, including the time and place of the blessing. These formal records of to-day contain most valuable information in at least four lines of genealogy for the person to whom the blessing is given, and form a splendid heading to a sacred document known as a patriarchal blessing.

Following the heading comes the body of the blessing, which contains sacred promises, for comfort, or for counsel, or warning; pointing to certain possibilities of blessings, always predicated upon obedience to natural laws and faithfulness. It also should contain the declaration of lineage; that is, the tribe in Isreal in which, or through which, the promises of inheritance shall come, even as assignments of the inheritances to ancient Israel.

The closing is the sacred sealing of the Holy Priesthood—the blessings pronounced with all it contains as a comfort and a guide through life according to faithfulness, and is sealed forever, upon conditions of faithfulness to the laws of God.

Patriarchal blessings have been and are a source of great comfort and solace to those who have faith in them. Thousands of Church members have been kept alive in their devotion to the Church through inspired promises and encouraging counsel and advice given in a patriarchal blessing.

It is the right and privilege of every member of the Church to obtain a patriarchal blessing. Many members have received more than one blessing, but I am a convert of the “one faith, one Lord, and one baptism” idea. These blessings are eternal in their nature and character.—*Improvement Era*, May, 1930, pages 465-6.

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IF THOU wilt do good, yea, and hold out faithful to the end, thou shalt be saved in the kingdom of God, which is the greatest of all the gifts of God; for there is no gift greater than the gift of salvation.—DOCTRINE AND COVENANTS 6: 13.

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THURSDAY, AUGUST 14, 1930

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### EDITORIAL

#### AS THE COMPASS POINTS

DURING the last twenty years, the Church of Jesus Christ of Latter-day Saints has more than doubled its membership. So says the British Press, basing its report upon a survey recently completed by the Institute of Social and Religious Research. And more interesting to the Press, only three other large denominations have grown during the same period at a similar rate, none among the older and better known churches.

The author of the study "The U. S. Looks At Its Churches," Dr. C. Luther Fry, ponders the significant fact that non-traditional religious groups, such as the Latter-day Saints, have enjoyed the most rapid growth in this period of universal enlightenment. He concludes that fundamental changes must have entered into the religious thinking of humanity—at least in America.

The real change is that men demand truth as never before, and insist on knowing the truth for themselves. Superstition has had its day. The blind following of priestly authority has been laid low. A muzzled God is becoming an impossible conception. Something that comports more nearly with the human understanding must be found.

Men can comprehend the latter-day message. The vision of a Gospel for man's good, to-day and forever, is clear. The law of cause and effect in the spiritual as in the material world makes religion understandable. The right of free agency under eternal law gives man a new self-respect. The meaning and possibilities of human brotherhood, if all are literal children of God, direct efforts for human betterment. And a church that speaks with authority, yet rules by common consent, answers to the call of the spirit.

The findings and conclusions of this elaborate religious survey point to the religious future of the world. Man-made churches have failed to satisfy the soul's demands. Humanity, hungry for the bread of life, are seeking food elsewhere. Knowledge, certain and demonstrable, must replace emotional excitement as a means of spiritual revival.

The growth of the Latter-day Saints in the face of bitter and unrelenting opposition such as no other church has had to endure, is the most remarkable thing about these statistics. Human history implies that only truth possesses such vitality.



Truth is not established by numbers; it is truth, though none accept it; yet, truth will prevail, for it is the only imperishable thing.

Latter-day Saints look calmly into the future, knowing well the ultimate victory of truth.—W.

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## REGENERATION

FOR many generations, the Christian world has been looking forward to, and hoping for the time when the earth would be filled with peace and happiness, with truth and righteousness. However, the present outlook is none too optimistic. Evil is still rampant; misery holds sway over many; and that antagonism which causes men to strive one with another has not yet been put down.

Mankind is not fundamentally evil; but a change must be wrought throughout the earth before good can triumph over evil. Such a change is comparable to the transformation which takes place in a person accepting "Mormonism." The accepter truly comes forth in a newness of life; he sees with different eyes; he hears with different ears. Life takes on a real meaning, and joy is obtained through living. He has found out that which God intended man should know—the reason for earth-life. Having this knowledge and understanding, a man's duty to himself becomes evident, and he realizes also his duty to his fellowman. His attention is no longer fixed on worldly goods. But, aware of his weakness and with humility, having faith in the Almighty, his soul reaches out to God that he might become uplifted to a higher plane of thought and action, and eventually attain perfection.

Such was the message of the Saviour and is to-day the message of "Mormonism." The true Gospel of Jesus Christ is truth in the fullest sense of the word, and carries to its adherents a conviction of its truthfulness. It has in it everything one would expect it to have. That which should be of utmost concern to every living person—an explanation of life—is therein contained. It establishes the brotherhood of man. It has included in it everything that will contribute to the peace, happiness, progression and development of an individual both here and hereafter. It brings to its accepter a satisfied conscience and a willingness and desire to serve God. What more could one expect to find in any religion, or in any philosophy of life?

Until the day comes when men learn and understand the purpose of life and strive to fulfil that purpose, the earth will not be devoid of strife and contention and unhappiness.

WILLIAM D. CALLISTER.

## AN IMPORTANT OFFICIAL VISIT

THE European Missions are favoured this summer with an official visit from Bishop John Wells, a member of the Presiding Bishopric and Elder Arthur Winter, Treasurer in the office of the First Presidency.

Elders Wells and Winter met with the European Mission Presidents assembled at Basel in late June, and since that time have been visiting the various missions, holding meetings with missionaries and members and instructing the mission authorities particularly in methods in mission recording and accounting.

These brethren were born in Nottingham, England, and there joined the Church as young men. They have laboured ever since diligently, intelligently and successfully for the promotion of the cause of the Lord throughout the world. Their integrity and devotion have borne rich fruit.

We welcome these brethren to European shores. Their services will be very valuable in the rapidly growing work on this side of the Atlantic. We hope that they may be able to extend their visit sufficiently to meet with and inspire many of the Saints; and that health and full enjoyment may wait upon them.

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## RELEASE OF PRESIDENT EDWARD P. KIMBALL

THE continued serious illness of Sister Kimball has made it necessary to release President Kimball from the presidency of the German-Austrian Mission. President and Sister Kimball with their daughter Marian, sailed for America on the s.s. *Leviathan*, August 10th, 1930. Their son will remain as a missionary in the French Mission.

During his term of service President Kimball has devoted himself energetically and unsparingly to the labours connected with the German-Austrian Mission. He has been greatly blessed and has accomplished much. He leaves with the love and best wishes of the missionaries and members of the German-Austrian Mission, and of all in these lands who know him.

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## CHANGES IN THE EUROPEAN MISSION OFFICE

ELDER JACK CUMMARD, the efficient Secretary and Treasurer of the European Mission, has been honourably released to enter active missionary service in the British field, together with his wife who also has been called into the mission field. Elder Cumnard leaves his present labours with the love and esteem of his colleagues for his many admirable qualities.

Elder Richard C. Badger, formerly Publicity Superintendent, has been appointed Secretary and Treasurer of the European Mission.

Elder A. E. Anderson, Jr., recently clerk of the London District has been appointed Assistant Secretary of the European Mission.

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### WILLIAM A. MORTON

WILLIAM A. MORTON, former associate Editor of the *Millennial Star*, died in Salt Lake City on June 18th, 1930. He was born in Belfast, Ireland, January 10th, 1866, and in 1890 was baptized into the Church of Jesus Christ of Latter-day Saints.

Elder Morton was a valiant and intelligent teacher of the restored Gospel. He filled two missions to Europe; and served successfully for many years in the Sunday School, Religion Class and Genealogical organizations of the Church. He attained distinction as writer, preacher and teacher—but as a teacher of youth he will be longest remembered. His sparkling wit, his sound philosophy of life, and his kindly judgment of humanity, coupled with a contagious earnestness, made him an irresistible teacher. He lives in the hearts of thousands.

At his funeral, attended by hundreds of friends, addresses were made by President Heber J. Grant, Elders Orson F. Whitney and James E. Talmage of the Council of Twelve, Dr. Adam S. Bennion and Bishop Francis G. Higginbotham. The grave was dedicated by Presiding Patriarch Hyrum G. Smith.

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### FALLEN IN SERVICE

WE record with sadness the accidental drowning on June 19th, 1930, of Elder Don W. Lund, who had served as a missionary to the Danish Mission since 1929. The body was recovered and has been sent to Elder Lund's home in Gunnison, Utah. The missionaries and Saints of the European Missions unite in expressing their sympathy to the bereaved family upon this sad occasion. The Lord is mighty to comfort those who mourn.

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### THE WORD OF WISDOM

[NOTE.—The following is one of the tracts—printed in English and German—being distributed in great numbers at the Word of Wisdom exhibit of the International Hygiene Exposition, held this summer at Dresden, Germany.—EDITORS.]

#### A DEMONSTRATED WAY TO HEALTH, LONG LIFE AND HAPPINESS

This simple, effective method of maintaining good health and prolonging life has been tested nearly one hundred years by a group of people now numbering approximately three quarters of a million persons.

The death rate of this Word of Wisdom group is less than one half that of civilized countries; the immunity from the ravaging

diseases of mankind is astonishingly great, and the mental, moral and economic conditions are far above the average.

Such a convincing demonstration of the value of a health system is unique among the many suggested guides to better health and long life.

#### POSITIVE TEACHINGS OF THE WORD OF WISDOM

The Word of Wisdom is concerned largely with the nature of the food and drink taken into the body.

1. *The Moderate Use of Meat.* The flesh of animals should be used sparingly, chiefly in cold weather.

2. *The Liberal Use of Fruit.* Fruits of all kinds, especially fresh fruits, should be a regular part of the human dietary.

3. *The Regular Use of Vegetables.* All the recognized edible vegetables, leafy, root and tuber, should be eaten daily. The leafy vegetables and some of the others should be eaten in their fresh state.

4. *The Basic Use of Grains.* The daily dietary should include as its basis, properly prepared grains. The whole wheat kernel should be ground for bread or porridge. Refined flour should be avoided; whole meal used. All grains are good foods, but wheat is best for the use of man. Other seeds, and nuts, also form good, valuable foods.

5. *Health Giving Beverages.* Pure, fresh water should be drunk freely, at arising, and between meals throughout the day. Milk, fruit juices and grain extracts, notably of bran and barley, should supplement the intake of pure water in supplying the body with the necessary liquid.

6. *Proper Periods of Sleep.* The body should be invigorated by regular, preferably early sleep, ending in early morning.

7. *Habits of Regular Work and Play.* Health requires regular and steady labour—physical and intellectual effort.

8. *A Correct Mental Attitude.* Faith, hope, charity, and a constant seeking after the truth of life and the universe, with a determination to accept it when found, form the foundation blocks for good health. A sound religious philosophy is a pre-requisite for perfect health.

#### NEGATIVE TEACHINGS OF THE WORD OF WISDOM

Injurious drink and food must be avoided. That is quite as important as to eat good foods.

1. *Abstinence from All Alcoholic Drinks.* Beer, wines and stronger drinks should be eliminated, completely, from human use. The proper physiological use of alcohol is for the washing of the body in disease.

2. *Abstinence from the Use of Tobacco.* In no form and at no time of life should tobacco be used. Tobacco has its proper place in medicine and among the destructive poisons.

3. *Abstinence from the Use of Tea, Coffee and Similar Sub-*



*stances.* All drinks containing substances that are unhealthfully stimulating should be eliminated from the human dietary.

4. *Avoidance of Refined Foods.* Refined foods have been robbed of many of the elements most needed by the body.

*The Craving for Undesirable Food or Drink May be Overcome.* The desire for the things enumerated in the negative teachings of the Word of Wisdom is unhealthful, resulting from non-conformity with the positive teachings. If the Word of Wisdom be practiced in full, the craving for alcohol, tobacco and other stimulants will disappear.

#### SCIENTIFIC CONFIRMATION OF THE WORD OF WISDOM

The recent great advance of science has shown the correctness of the Word of Wisdom.

Physical health is chiefly a matter of blood chemistry. Whole grains, vegetables and fruits supply the necessary mineral and other substances necessary to maintain a proper blood reaction.

Vitamins enable the body to effect the physiological transformations necessary for good health, and must be present in every complete dietary. Word of Wisdom foods provide all the essential and necessary vitamins. The various fruits contain vitamin C; vegetables and milk products, vitamins A, C and D; and grains, nuts and other edible seeds, vitamin B.

Alcohol has been shown to be a physiological poison; the deadly poison nicotine has been found in tobacco; and coffee and tea contain the injurious substances, caffeine (thein) and tannic acid.

A mind at peace has been shown to favour physical well-being.

The Word of Wisdom is everywhere in full accord with the latest findings of science.

#### THE PHYSICAL EFFECTS OF THE WORD OF WISDOM

Reliable vital statistics of the group of people, the Latter-day Saints, practicing the Word of Wisdom, compared with those of the leading nations, as furnished by the latest health yearbook of the League of Nations, demonstrate the health giving power of the system. The average birth rate of twenty-five of these nations was 22.0 per thousand of population; of the Latter-day Saints, 30 per thousand, or nearly one third greater, implying sound health. The average death rate of the nations was 14 per thousand; of the Latter-day Saints 7.5 per thousand, or about one half as great, implying increasing length of life. The net difference between the birth rate and death rate of the nations was 8 per thousand; of the Latter-day Saints 23 per thousand, or nearly three times as great. The effect of the Word of Wisdom is clearly evident.

Detailed health statistics are also given by the International Health Year Book. The average of six nations—Germany, France, Netherlands, Sweden, Great Britain, and U. S. A.—may

be compared with the corresponding data of the Latter-day Saints.

Deaths per 100,000 from the following diseases (in 1926, 1927):

	Six Nations	Latter-day Saints
Tuberculosis... ..	120	9
Cancer... ..	119	47
Diseases of the Nervous System ...	123	52
Diseases of the Circulatory System ...	196	115
Diseases of the Respiratory System ...	167	105
Diseases of the Digestive System ...	73	56
Kidney and Kindred Diseases (Nephritis) 44	...	23
Maternity (per 1000 births) ... ..	45	10

The Word of Wisdom has produced a people eminent in health and longevity, and apparently with increased immunity from the diseases that scourge the earth.

#### THE ECONOMIC BENEFITS OF THE WORD OF WISDOM

Adherence to the Word of Wisdom reduces the cost of living—the main economic problem of our day—by the larger use of the less expensive foods, such as grains and vegetables, and by saving the huge sums expended elsewhere for harmful alcoholic beverages, tobacco, tea and coffee.

There are few very wealthy people among the Latter-day Saints. There is also little poverty among them. Their average prosperity is high. Three-fourths of the Latter-day Saints own the homes in which they live. Such a prosperous economic condition has resulted from industry and thrift (seventy-seven per cent. of the people are engaged in productive occupations) coupled with the power and savings incident to obeying the Word of Wisdom.

#### MENTAL PROFICIENCY FROM THE WORD OF WISDOM

A close relationship exists between the mind and body. Physical health permits full mental activity. This is borne out by the history of the Latter-day Saints.

Literacy among the Word of Wisdom group is about 99.7 per cent.; about sixty Latter-day Saints in every thousand attend high school—more than three times the average for the United States; about nine Latter-day Saints in a thousand attend universities—nearly twice the United States average. The rates for literacy and attendance at high schools and universities are probably the highest in the world for a group of like size. This high mental development is reflected in a remarkably large proportion of men and women of recognized leadership in the world.

Insanity is low among the Latter-day Saints—about one half of the average of the people among whom they live.

#### MORAL EFFECTS OF THE WORD OF WISDOM

A high morality would be expected from people with healthy bodies and developed minds.

The marriage rate among the Latter-day Saints is 14.5 per thousand, compared with 8 per thousand for twenty nations listed by the League of Nations in its latest Health Year Book. Divorces number 14 per hundred thousand as compared with 46 per hundred thousand for fifteen nations. The rate of illegitimacy among the Latter-day Saints is correspondingly low, 8.7 of every thousand births (in the State of Utah) as compared with 74 in every thousand for an average of twenty-two civilized nations listed by the League of Nations. The criminal record of the Latter-day Saints points similarly to a high degree of morality. For example, in the State of Utah, the Latter-day Saints, forming sixty-two per cent. of the population, furnish only twenty-one per cent. of the convicts in the state penitentiary.

While many factors contribute to such high morality, unquestionably the abstinence from intoxicating drinks and other nerve-whipping substances and the general self-control required by the Word of Wisdom favour high moral development. Crime seldom accompanies full mental and physical health.

#### A NECESSARY CONCLUSION

The experience with the Word of Wisdom, covering nearly a century, is a convincing evidence of the value of this guide to health. The facts and figures above cited bear an undoubted relationship to the temperate and wise habits enjoined upon the Latter-day Saints in the Word of Wisdom.

#### HISTORY OF THE WORD OF WISDOM

The Word of Wisdom was promulgated in 1833, by Joseph Smith the Prophet, as a revelation received from the Lord. Joseph Smith was of humble origin, with little school education. It is therefore the more marvelous that he should have been able to lay down a health code which fits perfectly into the scientific discoveries of later years, and which has given the remarkable results briefly mentioned above.

#### RELIGION AND HEALTH

The manner in which the Word of Wisdom was received is evidence that it is held as part of the religious system of the Latter-day Saints. In fact, in the true Gospel of Jesus Christ the sanctity of the body is second only to that of the spirit. It is the duty, as well as the desire, of every person to preserve his physical health, so that he may live out most completely the destiny of his existence.

There is nothing new or novel in believing that health guidance may come from the Lord. The very story of the Garden of Eden hinges upon fruits permitted and forbidden and the first parents were given the herbs and fruits of the earth to be their meat. The later Mosaic code is replete with directions for preserving health. The Saviour Himself taught repeatedly the care of the

body. Physical health has always been and should be a main concern of true religion.

#### CONCLUSION

The Latter-day Saints offer the Word of Wisdom to the world as one of the means by which full health may be won by all men. The rewards of obedience to this divine law are appealing: Health of body, mental strength, endurance, protection against the devastating scourges of the earth, and an understanding peace of mind.

Any person who will practice it will soon realize its beneficent effects; though it is best practiced together with the other principles composing the true Gospel of Jesus Christ.

More information concerning the system of truth often known as "Mormonism" will be gladly given.—W.

### NEW DISTRICT ORGANIZED

ON August 1st, 1930, the London District was divided, the southern part being organized into the Portsmouth District. Within the confines of this section reside quite a number of Church members who have not had access to meeting places for some time. There are also numerous towns whose inhabitants have not heard the Gospel preached for a lengthy period.

Elder Stephen D. Howells has been appointed president, and the following traveling elders have been assigned to labour in the new District: Elders David Wynne Thorne, Myron D. Bitton, William T. Mathie, Jr., Clyde M. Hopkins, Lorin B. Daniels, Irving T. Duffin, Louis J. Hoggan, Rock M. Kirkham and Milton S. Musser.

District headquarters are located at Guilford, which is in the approximate center of the territory and on the main line of the Southern Railway. It is the aim of the missionaries to establish as many branches of the Church as possible, and search out the honest in heart.

BRITISH MISSION ADDRESS: A. WILLIAM LUND, PRESIDENT, 23 BOOTH STREET, HANDSWORTH, BIRMINGHAM

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